

**Regional Indian American Community Center (RIACC)
Hall of Worship and Amy Community Center**

Non Profit, Tax Exempt Organization 501 c(3) [Tax ID: 62-1497843]
PO Box 411, Kingsport, TN-37662

Tel No: (423) 349-6515 • Email: how@riacc.us • Website: http://www.riacc.us

Quarterly Newsletter [July - September 2007]

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Dr. Puneet Goenka

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Programs October - December 2007

Date	Time	Event
Sunday 10/14/07	11:00am	RIACC General Body Meeting - Lunch Sponsored by BK & Suman Sahni
Thursday 10/18/07	6:00pm	Durga Pooja, Garba Raas - Pot Luck Dinner
Sunday 10/21/07	10:00am	Sunderkand Path. Dassera - Lunch sponsored provided by Anil & Leena Agrawal
Friday 10/26/07	6:30pm	Sharad Poornima, Satyanarayan Katha - Sponsored and Dinner provided by Puneet & Seema Goenka
Sunday 10/28/07	11:00am	Vishnu Sahastranam - No Lunch Program
Sunday 10/29/07	6:00pm	Karwa Chauth - Pooja Only, No Dinner Program
Sunday 11/04/07	11:00am	Bhagvad Gita Discussion - No Lunch Program
Friday 11/09/07	5:30pm	Diwali - Laxmi Pooja
Sunday 11/11/07	11:00am	Annakoot - Sign-up sheet at HOW or contact Pragna Mehta at 423-854-8997
Sunday 11/18/07	10:30am	Sunderkand Path - Organized by Bharti Solanki & Varsha Delwadia - Pot Luck Lunch
Sunday 11/25/07	11:00am	Poornima - Satyanarayan Katha. Sponsored Nila & Dharmen Patel - Pot-Luck Lunch
Sunday 12/02/07	11:00am	Bhagvad Gita Discussion - No Lunch Program
Sunday 12/09/07	11:00am	Bhajans - Pot-Luck Lunch
Sunday 12/16/07	11:00am	Sunderkand Path - Organized by Rakshita and Vinay Belagode- Pot Luck Lunch
Sunday 12/23/07	11:00am	Poornima - Satyanarayan Katha. Sponsored Dr Jasjot and Sunitee Singh - Pot-Luck Lunch
Sunday 12/30/07	11:00am	Vishnu Sahastranam - No Lunch Program

A BIG thanks to Ashok Gala on the hard work put in to conduct another successful and fun-filled RIACC Golf Tournament. Congratulations to all winners. Thanks to all donors and participants for making this happen!!

☀Updated HOW Hours☀

**Sun-Fri: 10:30am-1:00pm; 6:00-8:00pm; ~On Saturdays Call Before Visiting~
Aarti at 12:30pm and 7:30pm.**

Since our priest is taking English classes — HOW will be closed on Mon & Wed from 10:30am-Noon till December 2007.

Do you have an ATTITUDE? - Submitted By Anil Agrawal

It is a good thing, if results are positive.

Your altitude is reflected in your attitude... Let us read it again.....My altitude is reflected in my attitude. Now let us read these phrases that we hear around us:

I am doing great!

We are having a ball!

It is absolutely awesome!

Fantastic.....what a deal!

This is beyond my imagination, go for it!



Now all of these phrases have one thing in common, the energy of positivism....the reflection of enthusiasm and excitement. Try these in every day life and see if it changes you and your thoughts. Your thoughts become words and once uttered sends a message... either positive or negative. Where do you want to be? Well, let's see...

There is a deep tendency in our behavior to become precise what we think or picture ourselves to be. We tend to equate with our own self-appraisal of either depreciation or appreciation. We ourselves determine either self-limitation or unlimited growth.

The negative thinker engages in self destroying results. Sending our constant negative thoughts results in negativity around the world. The law of attraction proves like attracts like, thoughts of a kind have a natural affinity. The negative thoughts, draws back negative results. This is definite and immutable law of mind.

The positive thinker, on the contrary, constants sends out positive thoughts, together with positive virus, with vital mental images of hope, optimism and innovation. Positive thoughts draw positive results. This too, is a basic law of mind action. The positive principle is based on the fact that there is always an answer, a right answer, and that positive thinking through a sound intellectual process can always produce that answer.

It is, of course, true that the negative is important in preserving balance. Opposites are involved in the structure of nature. And in the realms of thought the negative has an important function in the consideration of alternatives. When the negative takes over as the controlling element, the balance swings away from the positive, and results in negative outcome. Let's see how this adds up:

Negative	Positive
Negates	Creates
Doubts	Believes
Defeat	Victory

You can make your own list and decide, what should be your thought process. Find the magic words that change your life and bring positive results.

Excerpts from Norman Vincent Peale, Positive Imaging, Have a Great Day, Enthusiasm makes the difference, positive principle.

Submit articles, significant events for Q4 Newsletter to how@riacc.us

Hall of Worship Needs: A spare computer monitor

Contact Brinda Gala at 288-8501 or email how@riacc.us if interested in donating.

Meals on Wheels - Volunteer Drivers Needed

Are you interested in giving back to your community, but are short on time? Volunteer to be a driver for Meals On Wheels (MOW) of Kingsport! The obligation is minimal, and nearby delivery routes are available. Here's how it works:

Volunteer with a friend one day a month. Gives you time to catch up with one another while helping out!

1. Pick up meals from either Waverly Road Presbyterian Church or First Presbyterian Church on Church Circle [Both in Kingsport]
2. Deliver 15-20 meals to your route around 10:30 a.m. This takes approximately one hour.
3. Enjoy the feeling of knowing you have made a difference in your community!

If you are unable to volunteer once a month, you may consider working with another team to "share" a day. Then your commitment would be once every two months!

For more information on this worthwhile and rewarding opportunity, **contact Volunteer Kingsport at 423-247-4511.**

Meals On Wheels, a United Way organization, is a voluntary service that serves hot noon meals five days a week to more than 220 individuals who are incapacitated and unable to prepare a nutritious meal.

Special Note from Poorvi Tikku: I have been volunteering for around 2 years now and it is a very fulfilling experience to deliver hot meals to those who cannot fend for themselves. This is a great service to the community and it really doesn't take much time - one hour a month is manageable even for those with a busy schedule. Finding a partner/friend to do this is a great idea and I would highly recommend it - it gives you time to catch-up at the same time as serving the community. Mary Cunnigham who manages this at the First Presbyterian Church is 80+ years old and seeing her passion is motivation enough to volunteer!

What a show - Bravo!

15th August 1857 & 1947 - two significant dates in Indian history - were respectfully remembered here in Kingsport on Sunday August 12th at the Hall of Worship. Dr Jayant Mehta & Ret. Prof John Lyle provided excellent insight into the significance of the 1857 date with pictures and little memorabilia to really take us back in time.

This was followed by a fantastic skit enacting different scenes involving British Officers, Mangal Pandey, Nana Sahib, Bahadur Shah Zafar, Rani Laxmibai of Jhansi and more. The children put on a great show and the enthusiasm was visible in their passionate "Is this a Freedom Fight?" chants.

Dr Jayant Mehta was the Playwright and Mrs. Nila Patel was the Director with the parents of the participants as Co-Directors.

Participants: Akash Kumar, Asheka Hira, Suraj Sudarshan, Nishant Bakshi, Jaheen Hira, Devansh Patel, Neil Delwadia, Jiten Solanki, Roshan Srinath, Janki Srinath, Aysha Patel, Parth Goenka, Moneesha Bakshi, Alka Sudarshan.

Congratulations to all on a job well done!

Lending a Helping Hand to our Priest

Our priest Dr Surendra Mishraji has been here for almost 10 months and is doing very well. He has taken great interest in learning English and is currently taking Adult Education classes in English in Kingsport. There are some volunteers who routinely help him out with various errands and make sure he is comfortable. There are many others who help him out as they can. The committee would like to thank everyone for supporting him and recognize and thank these volunteers in particular: ***Manju Kutty, Neil Kutty, Mahendra Sharma, Rajesh Patel, Nitin and Megha Narang, Sheila Mehta***

Significant Events & Other News

- *Special Achievements During the Summer Holidays [Submitted by parents Dr. Mirle and Mrs. Shanthi Girish]*

Name: *Marsha Girish* | Age: 12 years | Grade: 8th | School: St. Mary's School, Johnson City, TN

1. 1st Place Individual Championship Trophy in BSC Summer mixer swimming competition, Kingsport
2. 1st Place Individual Championship Trophy in East TN Summer Swim League
3. 1st Place medal in Iron-Kids Triathlon (swim, bike and run), Kingsport, TN
4. 2nd place trophy in The Ridges golf club putting competition
5. Also, she had qualifying time to swim in 50 and 100 meter back and breast stroke events at the Southeastern long course swimming championship, Nashville, TN. She ranks # 8 in both breast stroke events in the southeastern.

Name: *Vivek Girish* | Age: 8 years old on Aug 12th | Grade: 3rd | School: St. Mary's School, Johnson City, TN

1. 2nd Place Individual high point trophy in Summer Mixer swimming competition.
2. 2nd Place medal in Iron-Kids Triathlon competition, Kingsport

- Congratulations to Dr Mandeep and Mrs Rushmie Bakshi on the wedding of their sister Tarandeep (Deepa) Kaur to Parminderjit Singh. Congratulations to the beautiful couple.

- Happy Birthday to precious Maheka Bhalla (d/o Mohit and Supria Bhalla) who turned ONE on September 12th!

Indian Cultural Center, VA Events [Tel: 276-591-4957 / 4927]

Navratri Garba Program: Fri Oct 12th, Sat Oct 13th, Fri Oct 19th, Sat Oct 20th, Sat Oct 27th

Place: Wallace Middle School, I-81 Exit 7, VA. Garba will be in the Auditorium.

Time: Dinner will be served from 5:30 - 7:00pm, followed with Garba and Aarti. Please bring Arti and Prasad.

Fees: Non members \$15 per family, each event

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***Diwali Program :*** Sat Nov 10th

***Place:*** Tennessee High School, Bluff City Hwy, Bristol, TN

***Time:*** Dinner will be served from 5:30-6:30pm and Program will start at 7:00pm

#### **Directions to the Hall of Worship:**

From Johnson City - Take I-26 towards Kingsport. Take Exit 6 (Rock Springs Exit). Take a left on the RAMP and see below

From Kingsport: Take I-26 towards Johnson City. Take exit 6 (Rock Springs Exit). Take a Right on the RAMP and see below

Drive about quarter of a mile and make a left turn on to Westfield Road, immediately after the Power building. Drive about half a mile and keep right on the fork onto Westfield place, the third building on the left is Hall of Worship.